



30% complete

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Have you ever been told by a doctor that you have asthma?

- ☐ Yes
- ☐ No
-

Have you ever been told by a doctor that you have a heart or lung disease (other than asthma)?

- ☐ Yes
- ☐ No
-

Do you ever smoke cigarettes?

- ☐ Yes
- ☐ No
-

How many portions of fruit and vegetables do you usually eat a day?

Please do **not** count potatoes or grains.

Please **do** count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and vegetables found in other foods.

- ☐ Fewer than 1 a day
- ☐ 1 – 2 a day
- ☐ 3 – 4 a day
- ☐ 5 a day or more
-

How much sleep did you get in the **past 24 hours**, to the nearest half hour?

Please select...



How much sleep do you estimate that you **typically** get, per day?

Please select...



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